

Maine: Burden of Chronic Diseases, 1996

Cardiovascular Diseases

- Cardiovascular diseases were the most common cause of death in Maine in 1996, accounting for 39% of all deaths.
- Cardiovascular diseases accounted for 4,602 deaths.
- Ischemic heart disease was responsible for 2,254 deaths, or 19% of all deaths.
- Stroke accounted for 731 deaths.

Cancer

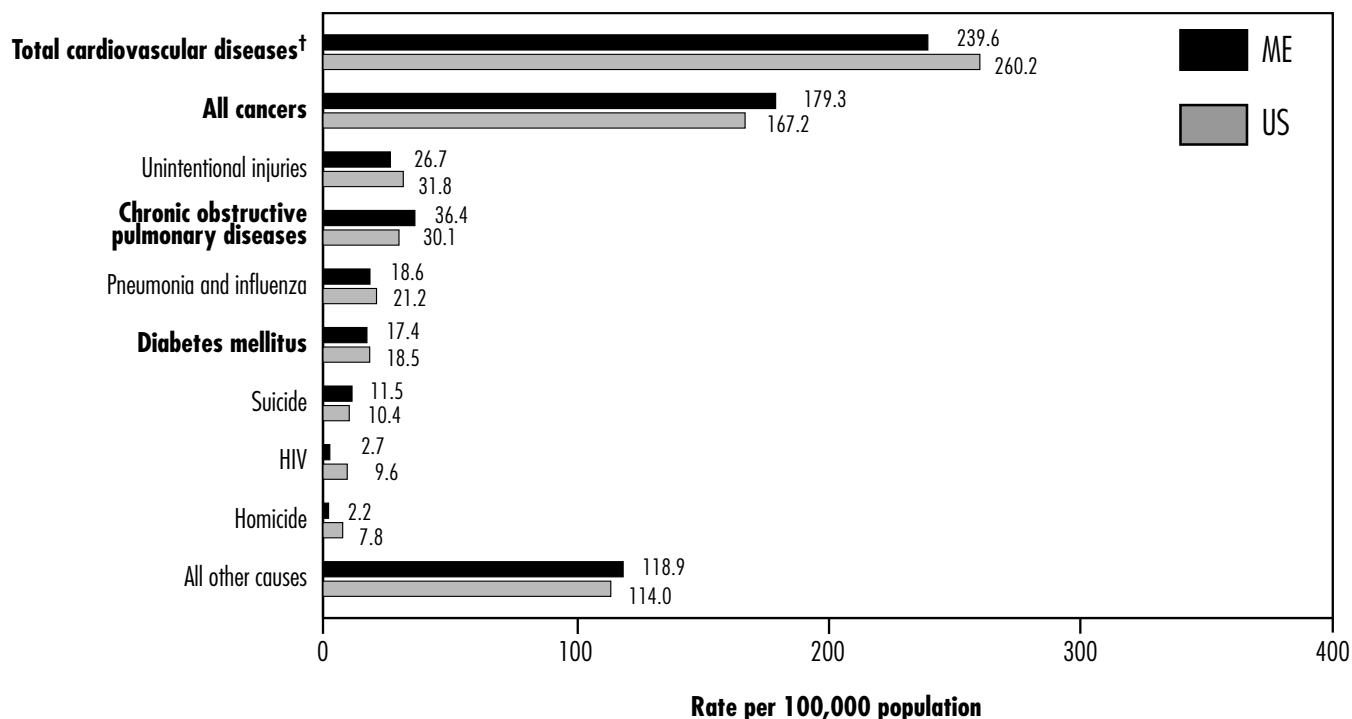
- Cancer accounted for 25% of all deaths in Maine in 1996.
- Of all states, Maine had the tenth highest rate of death due to all cancers and the ninth highest rate of death due to lung cancer.

- The American Cancer Society estimates that 7,000 new cases of cancer will be diagnosed in Maine in 1999, including 1,100 new cases of lung cancer, 700 new cases of colorectal cancer, 1,000 new cases of prostate cancer, and 1,000 new cases of breast cancer in women.
- The American Cancer Society estimates that 3,200 Maine residents will die of cancer in 1999.

Diabetes

- In 1996, 39,210 adults in Maine had diagnosed diabetes.
- Diabetes was the underlying cause of 303 deaths and a contributing cause of an additional 667 deaths.

Causes of Death, Maine Compared With United States, 1996*



*Deaths per 100,000, age adjusted to 1970 total U.S. population.

†Total cardiovascular disease rates include rates of death due to ischemic heart disease (120.6 per 100,000 in Maine and 131.0 per 100,000 in the United States) and rates of death due to stroke (36.4 per 100,000 in Maine and 42.0 per 100,000 in the United States).

Maine: Risk Factors and Preventive Services, 1997 and 1998

Risk Factors Among Adults

- In 1998, current cigarette smoking was reported by 24% of women and 21% of men in Maine.
- Twenty-nine percent of women and 27% of men reported no leisure-time physical activity.
- Eating fewer than five servings of fruits and vegetables per day was reported by 78% of men and 70% of women.
- According to self-reported height and weight, 62% of men were overweight, compared with 47% of women.

Risk Factors Among High School Students

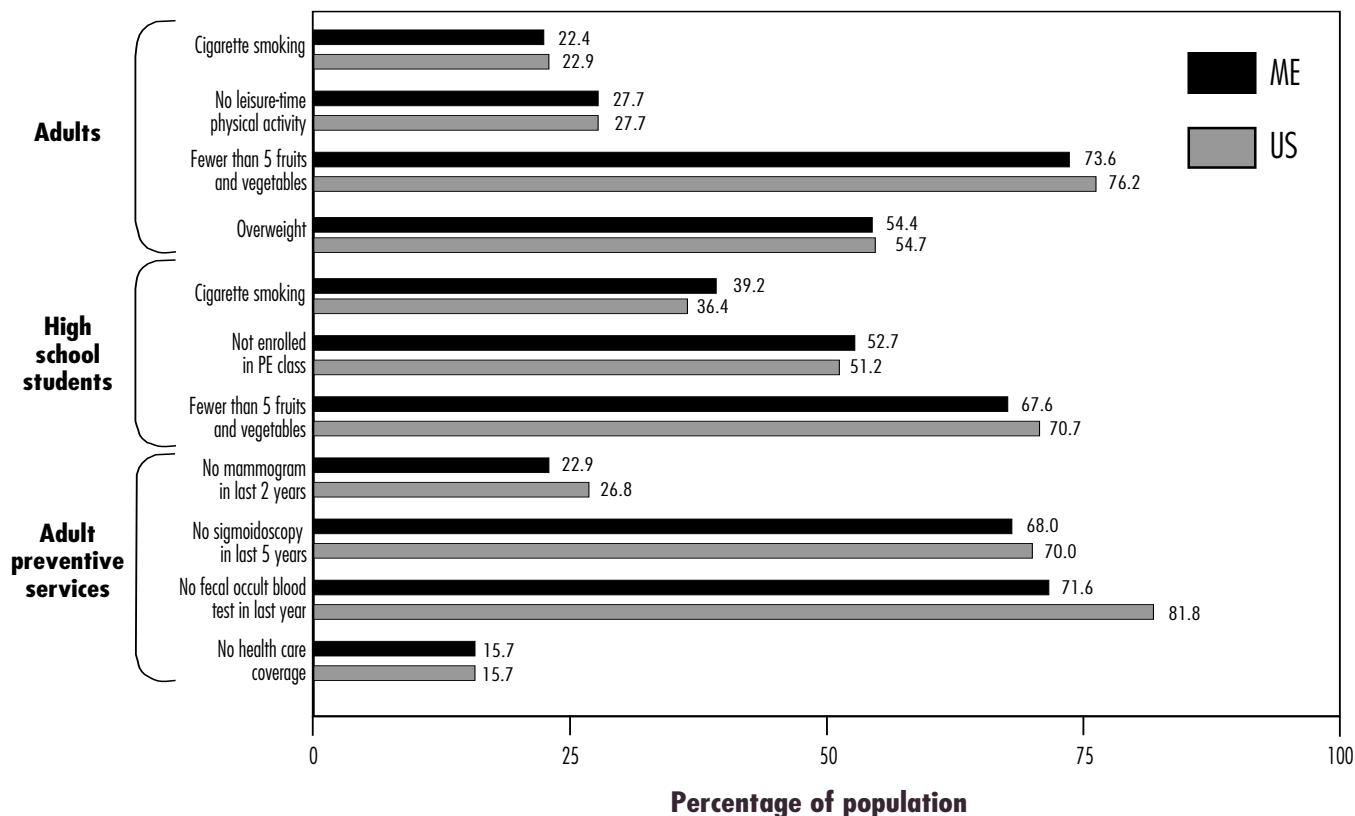
- In 1997, 41% of female and 38% of male students in Maine reported smoking cigarettes.
- Forty-nine percent of female and 45% of male students reported not being enrolled in physical education classes.

- Eating fewer than five servings of fruits and vegetables per day was reported by 69% of female and 66% of male students.

Preventive Services

- Of women aged 50 years or older, 23% reported not having had a mammogram within the last 2 years.
- Among adults aged 50 years or older, 69% of women and 66% of men reported not having had a sigmoidoscopy within the last 5 years.
- Among adults aged 50 years or older, 75% of men and 69% of women reported not having had a fecal occult blood test within the last year.
- No health care coverage was reported by 16% of adults aged 18–64 years.

Risk Factors and Preventive Services, Maine Compared With United States



Source: CDC, Behavioral Risk Factor Surveillance System, 1997 and 1998.
CDC, Youth Risk Behavior Surveillance System, 1997.